

VeraVia – Squash Soup

Ingredients:

3 pounds mix of kabocha and butternut squash, halved and seeded
2 onions, quartered
1 whole head garlic
¼ cup olive oil
3 cups vegetable stock
2 tsp fresh thyme
Salt and pepper

Method:

- Preheat oven to 350.
- Place squash, onions and garlic on top of a parchment lined sheet tray and brush with olive oil. Sprinkle fresh thyme, cover with foil and bake for about 1-1/2 hours or until very tender.
- Remove skin from squash and garlic. In a large blender container, combine squash, onions and garlic with stock in batches until smooth. Transfer to large saucepan and heat through. Add parsley and check for seasoning.
- *Optional: Serve with fresh thyme sprig and a teaspoon of Greek yogurt.*